

## Why X3 Is the Most Effective Home Workout System

How many fitness products have you watched come and go in your lifetime?

I've seen too many.

From that provocative shaking dumbbell to that ab shocker belt, all of them wound up on the clearance shelf at your local "As Seen on Television" store. Where did these fitness products go wrong?

Science, proof, and real results.

X3 is different. Not only does it have the science to back it up but it has real people who have changed their physiques and their lives using it.

Let's take a closer look at the X3 home workout system, the science behind it, and how it compares other fitness products and systems.

What is the X3 Workout System?

At first glance, most people raise an eyebrow at the X3.

They see a solid metal bar with a platform and three seemingly normal resistance bands. And then they have their first workout with the X3...

Providing over 600 pounds of variable resistance, X3 was designed specifically to build strength, increase lean muscle, and support healthy weight management safely and efficiently.

It gives you a total body workout in the same amount of time that it takes to warm up for traditional home workouts and resistance training programs. Best of all, you never have to leave home.

The system was developed by Dr. Jacquish, a research professor at Rushmore University, an editor of multiple medical journals, and a nominee of the National Medal of Science.

He's not just the creator of X3; he also uses the system as a part of his own workouts.

How Does the X3 Home Gym System Work?

I hate to break it to you but contrary to popular belief, traditional weightlifting is not an effective stimulus for promoting muscle growth. To understand why, I need to explain our strongest and weakest ranges of motion during exercise.

Think about performing a traditional barbell back squat. What would you say is the most difficult part of the exercise to perform?

If you said at the bottom of the squat when your butt is closer to the floor, then you're correct. It's at this position that the greatest strain is on our muscle tissue, ligaments, and joints as well. We feel our strongest when we get near full leg extension.

The amount of weight we use during an exercise such as a squat is based on how much we can lift at our weakest range. Again, with the squat, your weight load is based on how much you can safely lift at the bottom of the squat.

Because of this, there is a huge difference between the amount of weight you are lifting compared to the potential amount of weight you can lift.

Here's the thing: If you want to trigger muscle growth and optimize weight loss, there's no getting around going heavy with your weight load. But if you are only as strong as your weakest range and static resistance doesn't optimally tap into your lifting potential, you're stuck in a catch-22.

But that's where X3 can help.

X3, Variable Resistance, and Achieving Your Potential

The difference between the X3 total body workout system and traditional weightlifting is variable resistance.

As the name suggests, variable resistance is when the weight load changes throughout the exercise. You can see this when using a traditional resistance band. Take the bicep curl as an example.

When your arm is straight down and holding the band, there is no resistance, but as you curl the band up, the resistance becomes increasingly more difficult.

Now, think about that same exercise when using a dumbbell. The resistance is static. The dumbbell doesn't magically get heavier as you lift it then get lighter as you lower it.

When exercising with variable resistance, the amount of weight you're lifting changes as you move through different ranges of motion.

Variable resistance is the key to the effectiveness of X3. The X3 bar lowers the resistance during your weakest range of a lift and increases resistance during the strongest portions of the lift. This allows you to lift a heavier load than you would be able to otherwise.

It's also significantly safer than traditional weightlifting because you aren't straining your connective tissue just so you can go heavier.

To bring this point home: The X3 taps into a unique form of variable resistance that maximizes your muscle's ability to lift heavy at its strongest range while curtailing the resistance to safely match your weakest range.

## Benefits of the X3 Total Body Workout

Now that you know how the X3 works, let's discuss the most cited benefits of the X3 home workout system:

### Strength Gains

Using variable resistance with heavier loads can lead to *three times the strength gains* because this method recruits and fatigues your muscles in ways free weights, bands, dumbbells, and barbells simply cannot.

One study found that variable resistance provided a greater training stimulus than traditional free-weights helping to improve upper-body strength, velocity, and power. <sup>[1]</sup> <sup>[2]</sup>

### Muscle Growth

With this deeper level of muscle fatigue comes aggressive muscle building in little time.

It's reported that many users gained 20 pounds (9 kilograms) of muscle within six months when using the X3 despite years of failed efforts with free weights.

Heavy variable resistance exercise with X3 engages stabilizer muscles and upregulates human growth hormone, which accelerates fat loss while promoting lean muscle. <sup>[2]</sup> <sup>[3]</sup>

### Injury Prevention

Lifting heavy with dumbbells and barbells is a double-edged sword. The heavier you lift, the stronger you get, and the more cumulative damage you do to your joints. This can potentially cause pain and stop the muscle from effectively contracting.

Using variable resistance, X3 places less stress on your joints at your weakest range of motion while significantly increasing the weight load on your strongest range. This ensures an environment for optimal hypertrophy and minimal strain to connective tissue.

#### Time Efficient

Not only will you safely push your muscles to the max with X3, but you'll save time too. Traditional home gym systems and workouts typically require about 10 to 15 minutes of warming up and then about 45 to 60 minutes for the actual workout.

The entire X3 workout takes the same amount of time as a traditional warm-up.

X3 does not require a warm-up—you'll only perform one powerful set to total failure in each range. Remember that X3 provides a greater stimulus compared to dumbbells and barbells, so you'll experience fast adaptive responses even with fewer sets.

#### Work Out Anywhere

You can set the X3 bar up anywhere, including in small spaces within your home. It takes up little space and can be moved easily from room to room, or you can pack it into a portable case and take it on-the-go.

#### Cost Effective

The average cost of a gym membership in the United States is over \$50. Specialty gyms like CrossFit can easily cost near \$200. The X3 provides you with a greater stimulus than you'll find at your typical commercial gym at a fraction of the yearly cost.

What's more, think about how gyms responded to the pandemic. They closed (and many are still closed) and they didn't reimburse customers. The X3 allows you to work out from the comfort of your own home – No monthly membership or hidden fees.

#### X3 vs. Other Home Workout Systems

How does the X3 stack up against other fitness products and traditional weightlifting equipment?

##### Gorilla Bow

The Gorilla Bow proudly boasts about providing 300 pounds of resistance. Problem is that you can only tap into that level of resistance during a chest press. Not the squat, deadlift, overhead press, etc. X3, on the other hand, gives you 600 pounds of resistance for every exercise.

## Traditional Resistance Bands

If you've used traditional bands before, you know only too well about the welt that forms when one of them breaks and snaps against your skin. X3 bands are made of premium-grade layered latex, making it the most powerful band on the market.

## Squat Racks

If you want to improve your squat and bench press, squat racks are great. But if you want an option for a total body workout, you'll be out of luck. X3 builds strength all over unlike body-part-specific equipment. Using X3, you can perform the most effective strength training exercises, and you can activate your core without ever doing a single ab exercise.

## The X3 At-Home Workout

In as little as 10 minutes a day, X3 can help you dramatically increase strength, build lean muscle, and burn fat to support weight loss.

The X3 program features eight staple movements and two variations.

You will take on numerous compound movements that are fundamental to building strength and muscle, including:

- Front squats
- Split squats
- Deadlifts
- Chest presses
- Bent-over rows
- Overhead presses

But that's not all. If muscle size is your goal, X3 also incorporates key bodybuilding movements to maximize muscular size and optimize body composition. These include:

- Bicep curls
- Tricep presses
- Calf raises
- Pec crossovers

Why not just hit the gym? Because no safe amount of weight can match X3's tension, stabilization-firing, strong-range force capacity, and overall muscle-building capability.

## Quick Tips on How to Use the X3 Home Workout System

If you're new to using the X3 bar at home, here are a few things to keep in mind:

- Expect to use X3 for about 10 minutes per day at first, which will have you on your way to achieving your physique goals.
- When you purchase the X3 Elite Bar, you'll receive a specially machined alloy steel bar with internal bearings, like an Olympic bar, so that the grip is always optimized.
- The X3 package also comes with a ground plate to protect your ankles from high forces produced by X3 and several levels of heavy-duty resistance bands. This set-up helps to keep joints stable, limiting straining and injuries. The whole package is engineered to support over 600 lbs. (272 kg) of resistance to optimize muscle building.
- The recommended repetition range is 15 to 40 full repetitions, depending on your fitness level. One set is all you need per exercise since the X3 maximizes the force applied to your muscles.
- Although it's simple to use, this is a powerful product. We recommend you follow the X3 program outlined on our website, which includes entry-level guidance and advanced techniques, as well as tips on nutrition, sleep, and recovery.

## Why Waste More Time with Weights?

The X3 is arguably the most powerful muscle-building device available today.

Aside from being convenient and timesaving, X3 is portable, backed by science, and reduces your risk for injury even when you're lifting heavy. If you're ready to torch fat and pack on muscle without stepping foot in a gym, look no further.

## References

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